

Fruits and veggies offer a great value– good for your budget, good for your body.

—PBH Foundation



Serve healthy fruits and veggies at your next event by using tips and recipes from FruitsAndVeggiesMoreMatters.org.

Eating healthy foods takes more effort than eating junk or eating out. But the idea that healthy foods cost more isn't necessarily true. And NO grocery bill will cost you more than a poor bill of health!

Eating Better on a Budget

- Practice portion conrol on more expensive items such as meat & dairy.
- Buy generic or store brands.
- **Compare unit prices.**
- Purchase in bulk.
- Try meatless meals by substituting with beans and peas.
- Visit your local farmer's market.
- Try canned or frozen produce.
- Purchase produce in their basic forms to avoid paying for pre-washed, pre-cut, and ready-to-eat foods.

Source: U.S. Department of Agriculture www.myplate.gov

Best Picks of healthy foods for the Best Prices

Breakfast Food: Oatmeal **Grain:** Dried Lentils

Fresh Fruit: Banana Frozen Fruit: Frozen Blueberries

Vegetable: Broccoli **Vegetable Snack:** Carrots

Salad Base: Napa Cabbage

BetterHealth

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Better you.